



# MCDONALD PARK OUTDOOR FITNESS CENTER

Welcome to David H. McDonald Park Outdoor Fitness Center. The fitness equipment is designed for use and enjoyment. For your safety we ask you to comply with the following:

**This equipment is designed for individuals 14 years and older.**

1. You assume all the risk and responsibility for use of the exercise equipment in this park.
2. Parents/Guardians: To avoid injuries do not let your underage children use the equipment.
3. Consult your physician prior to starting any physical fitness training program.
4. Any potential users with known adverse health conditions should not use this equipment.
5. Before using the equipment, check for loose parts, breaks, cracks or other conditions needing attention. Please report any problems to 305.818.9164.
6. Perform exercise according to instructions on each piece of the equipment.
7. Breathe normally during physical activity.
8. Perform resistance exercises according to instructions in slow, controlled manner over the full range of motion. Performing the movements too quickly may result in an injury.
9. During exercise, pay attention to how your body feels. If pain or discomfort occurs, STOP THE EXERCISE IMMEDIATELY.
10. Rest and recovery are important between sets and exercises. Please allow 2 minutes of rest between exercises and sessions.
11. Keep a safe distance from exercise equipment when in use by others.

The City of Hialeah shall not be liable for any personal injury to any person resulting from the use of the exercise equipment in this park.